

Confetti Turkey Pocket

by St. Peter Catholic School



Confetti Turkey is a festive and colorful dish that harkens memories of fall feasts of rich and plentiful orange vegetables. Based on a pocket bread or German bierock type of sandwich it is made with a 51% whole grain bread dough wrapped around a turkey, sweet potato, carrot and butternut squash filling.

This very unique recipe is packed with nutrition and can meet the bar for two servings of grains, one serving of meat, and one serving of orange vegetable while being low in salt and fat. With the inclusion of brown sugar along with the sweet vegetables this main dish has a high palatability factor for school age children and makes a great dish to serve as a Thanksgiving or festive holiday meal.

Ingredients

6 SERVINGS

3/4 C of White whole wheat flour (98 gm)
7/8 C of all-purpose flour, enriched (95 gm)
2 1/2 tsp of dry milk, instant, nonfat (6 gm)
1 T and 2 tsp of sugar, granulated (20 gm)
1 tsp of yeast, instant dry (6 gm)
1 1/3 tsp of salt (6.5 gm)
2 2/3 T of vegetable oil (35 gm)
1/2 C of water (120 gm)
turkey roast, cooked, boneless (336 gm)
carrots, fresh, AP (56 gm)
Sweet potatoes, fresh, AP (168 gm)
onion, diced (28 gm)
2 oz of chicken broth (60 gm)
2 T and 1 tsp of sugar, brown (60 gm)
Butternut Squash, fresh, AP (168 gm)

50 SERVINGS

6 1/2 C of White whole wheat flour (845 gm)
8 C of all-purpose flour, enriched (795 gm)
1/3 C and 1 1/2 T of dry milk, instant, nonfat (50 gm)
7/8 C of sugar, granulated (163 gm)
2 1/3 T of yeast, instant dry (43 gm)
1/4 C of salt (55 gm)
1 1/3 C of vegetable oil (290 gm)
4 1/4 of water (1006 gm)
turkey roast, cooked, boneless (2800 gm)
carrots, fresh, AP (460 gm)
Sweet potatoes, fresh, AP (1400 gm)
onion, diced (230 gm)
2 C and 2 T of chicken broth (500 gm)
1 C and 3 T of sugar, brown (238 gm)
Butternut Squash, fresh, AP (1400 gm)

Preparation

Bread directions:

1. place flour, dry milk, sugar, yeast and salt in mixer bowl.
2. blend with dough hook for approx 2 minutes on low speed
3. add oil and blend for approx. 2 minutes on low speed
4. add water to dry ingredients. If dough appears too stiff, add add'l water. Water is the variable. more or less can be added as needed.
5. Mix for 1 minute on low speed or until all water is mixed with dry ingredients. Knead dough on medium speed for 8-10 minutes until dough is properly developed.

Vegetable directions

6. clean and dice all vegetables 3/8"
7. Place vegetables, broth, sugar and salt in tilt skillet. Cook for 10 minutes or until all liquid has evaporated and forms a sticky base.
8. add cooked turkey. set aside and let cool
9. roll out dough to 1/4" thickness and cut into 6x8 rectangles weighing approximately 3.5 oz each.
10. Add heaping 1/2 cup of meat mixture onto each rectangle, pulling up corners, pinching to seal.
11. let raise and bake in convection oven at 350 degree fahrenheit for 12-14 minutes or until bread is golden brown.